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THE LEPA

In July the lepa (linden) tree is in full bloom. It is laden with creamy white to light yellow flowers exuding a sweet fragrance that travels great distances. Once you smell these blossoms you will look around for the tree. It is that distinctive.

Many of the Slavic nations use the word Lepa for the month of July. There are several other names for this beautiful, lofty tree which can grow to 100 feet and has a trunk which is covered with a smooth, dark brown trunk. The sharply toothed, heart-shaped asymmetrical leaves add to its beauty. Its other names are linden, lime, boxwood, basswood, and whitewood.

According to tradition, the lepa was considered a blessed tree because it was considered the tree where the Mother of God often found shelter. Many folk tales have been written, especially for children, about the Mother of God hiding in the tree and helping children. To implement this many shrines to the Mother of God are built near the lepa tree, and villagers and travelers stop and refresh themselves by saying a prayer. Since the tree is considered to be under the protection of the Mother of God, it is also said that lightning never strikes a lepa tree.

They were planted around the perimeter of the church grounds with beehives standing a short distance away along the adjacent cemetery grounds. The trees, especially the very old trees, are not cut. We saw one in the yard of an Orthodox Church near Sanok, which was huge and was said to be several centuries old. It even had a plaque on it describing its history.

When the tree is in bloom, bees come from afar. The hectically industrious bees can be heard as they buzz around collecting the nectar which will become the highly-prized lime honey. The bees wax will be used to make fragrant candles for the church.

Many of us can remember being served lepa blossom tea with honey. It became in the Carpathians where doctors were almost nonexistent. People treated the sick

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Raindrops of hope,
Dewdrops of care,
Gentle reminders,
God's hand everywhere.

ST. VLADIMIR

Often on ikons of St. Vladimir we see St. Olga pictured. What was their relationship? St. Vladimir was the grandson of St. Olga. His father was Sviatoslav.

He first ruled in Novgorod (970-978) and later became prince of Kiev in 980. He ruled until he died in 1015. He is considered the founder of the Kievan State and was the first Christian Grand Duke of Kiev (now in the Ukraine).

He conquered and united under Kiev distant Slavic tribes and waged successful wars on the Lithuanians, the Bulgars and the Greeks in Crimea. At first a fervent pagan, he was influenced by the progress of Christianity in Kiev and by trade and cultural relations with Byzantium. Under these influences and that of his grandmother St. Olga, he was converted. His baptism in 988 or 989 was followed by his marriage to the Byzantine princess Anna, sister of the Byzantine Emperor Basil II. After the wedding, he returned Kherson in the Crimea to the Greeks.

St. Vladimir made Orthodox Christianity the religion of his household and of his people, using force at Novgorod and other places against paganism.

He devoted the rest of his life to the building of churches, including the splendid Cathedral of the Tithes (980) which can still be seen in Kiev, and to the establishment of schools and libraries. He also enacted several statutes concerning the legal status and courts of the church.

He was a "convert" but upon accepting the faith, he accepted it completely without retaining any of his pagan customs. He threw the pagan god statues into the river. He is found on the church calendar on July 15/28.

THE BEST TIME

Although we are advised in the Bible to "pray without ceasing," there are two natural times in the course of the day for a person to take time to pray. The first is in the early morning. The gift of a new day, fresh from the hand of God, calls for some kind of response from each of his children. It is a time to give thanks and to offer the day and yourself to God. When you do this simple thing, you have introduced a principle of faith which will lift you above all the distracting details that may come your way. In all of them, you have but one thing to do – to please God and to act as He would have you act.

The other natural time is at the close of the day. All of us, even those in so-called white collar jobs – end the day with soiled hands. Even our bodies, covered from contact with the outside world, are soiled. It is no shame for a person to come home from their day's work with soiled hands. They have been soiled from the inevitable contact with soiled things, and it is far better for them to have hands soiled from working than to keep their whiteness by withdrawing from the workforce.

So it is with our spiritual life. Despite the good intentions of the early morning, the day will bring us into contact with defiling things. Some kind of spiritual dirt will accumulate through our thoughts, words, and deed. It is no shame that this is so, because we are frail and sinful human beings. But it is a shame if we go to our rest without a cleansing. Just as a person does not sit down to their evening meal without an act of washing their soiled hands, so we need to come to God for an assurance of His forgiveness which will not only bring cleansing but a night of rest and inner renewal.

It is an humbling thing to recognize how soiled our hands can become, and how often they need to be cleansed. We are all alike in the need of God's forgiveness. This recognition will destroy our pride, our arrogance, our imagined superiority. This

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JULY 1997

RUSSIA MUST DEAL WITH CULTS. Imported sects like the Unification Church and Hari Krishna are active here. There is also many homegrown groups such as the City of Sun with 5000 followers. The leader spews aphorisms in a sing song voice and preaches that the "end" is soon coming. In the Ukraine, in Kiev, the White Brotherhood with its Messiah Marina Tsvigun is very active.

GENEALOGY help especially with ancestors in the former Austro-Hungary is available from East Europe Connection, 1711 Corwin Dr., Silver Spring, MD 20910 or call 301-585-0177.

THEIR CHURCH WAS TAKEN AWAY so the Orthodox people of Slovinky, okres Spisske Nova Ves, Sloval Republic are building a new church. They now meet in an old house. An appeal was received for help. Send to: Pravoslavny farsky urad Slovinky, c.u. 982746-599/0900, Slovenska sporitelna,a.s./Bratislava/SWIFT:SLSP-KBX?, korespondencna banka: Bankers Trust Co., NY.

YES, WE STILL HAVE LODGES. One of the best is the Russian Orthodox Catholic Women's Mutual Aid Society, 975 Greentree Road, Pittsburgh, PA 15220. Why not enroll yourself and your granddaughter?

THE RUSSIAN TEA ROOM, next to Carnegie Hall, opened in 1926 in New York. At that time it really was a tea room and its patrons largely Russian artists, especially dancers. Over the years it became a full-service establishment. It closed after the 1996 New Year's celebration. The building was demolished and a 10-story building built in its place. The $10 million renovation was to be finished in a year.

THE RICH TRADITIONS of the Eastern churches should serve as an inspiration to all Christians who seek to intensify their prayer life according to Pope John Paul II. He said: "Eastern spiritual writers favor the prayer of the heart in which the individual meditates in deep silence in order to listen to the voice of the Holy Spirit." He also said that the Eastern liturgies are often beautiful... and these celebrations are enhanced by the form of the church, as well as the songs, colors, lights and scents used in the service... the length of the Eastern church ceremonies and the repetitive nature of some of the prayers help the faithful enter into the mystery at the center of the liturgy."

THINGS ARE STILL BAD. In Russia the average monthly salary is about $140. A loaf of bread costs $1 and the cheapest sausage is about $5 a lb. Exchange rate in April was 4,500 roubles to a dollar. In Ukraine, the average salary is $50 a month. Unemployment stands at 39 percent. The life expectancy has dropped to 63 years.

SIGNIFICANT CHURCHES ARE BEING BUILT in Russia. The Church of the Transfiguration in memory of Alexander Nevsky was built on the complex of the new Cathedral of Christ the Saviour in Moscow. The Church of the Dormition was restored in the Moscow suburb of Putinki and will resume its pre-revolutionary status as the church of the Diplomatic Corp. A military chapel was built in Nakhabino dedicated to St. Maxim the Confessor. In Trostinets near Minsk, a new St. Nicholas Church is being built on the site of a Nazi death camp where a quarter of a million people died in WW II. It is being financed by Jewish expatriates living in the U.S., the Minsk Tractor Works and Taxi Pool among others.

STRANGE COOPERATION. The Muslims and Orthodox communities in the Kazan area of Tartarstan have joined forces to have their buildings and properties returned which were confiscated from them. The government is refusing to hand over the buildings partly in response to pressure from secular Tartar nationalists. The Orthodox and Muslims traditionally have been on friendly terms in this area.

PLANS ARE BEING MADE to build Orthodox Chapels at railway stations throughout Romania. The plan announced by Romanian banks have governmental approval but must acquire local planning permission for the project.

A REPLICA OF A GREEK ORTHODOX CHURCH has been built in Houston, TX to house 13th century ikons which were being in danger of being destroyed. The ikons came from a small church in Turkish occupied Lisi in Cyprus. Frescos were cut up into pieces after being stolen and were in danger of being lost forever. The church will be the possession for a certain number of years of Mrs. DeMenil, whose efforts resulted in the obtaining and placing of the treasures. Ownership of the church remains with the Church of Cyprus.

THE COMING OF YEAR 2000 is receiving much attention because it will create a glitch in many computers. It will celebrate the 2000th anniversary of Christ's birth and is the major factor fueling America's growing interest in spiritual things. It is ironic that the year 2000 is causing such hysteria when, according to most biblical scholars, Jesus was born between 4 and 8 BC. When 6th century Scythian monk, Dionysius, attempted to modify the Alexandrian system of dating, he miscalculated by several years. The 2000th anniversary has come and gone. Anyone who anticipates that the year 2000 will bring cataclysmic events needs to relax.

A FIRST – a priest's wife who is a graduate of West Point. Presvytera Correna Panagiotou received a degree in Electrical Engineering. She lives in Bridgeport, W.V. Father John has been assigned to St. Spiridon Church in Clarksburg. Presvytera Corenna fulfills her responsibilities as a priest's wife helping her husband in many ways. She is also involved in the Philoptochos. She met her future husband at an Orthodox retreat at St. Vladimir's seminary, which Orthodox West Point cadets were permitted to attend.

•The Lepa

with time proven herbs and flowers. They made lepa tea for those with a bad cough or with a feverish cold. It was said to induce sweating and break the fever. Culpeper wrote that the tea is good for tension headaches and hysteria. It is used for many diseases of the digestive and nervous system.

The lepa timber is very smooth, white and close-grained and lends itself to fine carving. Lepa wood is never worm eaten so many old carvings survive. Today the keys and sounding boards of musical instruments are often made of this wood.

In World War II the flowers were gathered on a large scale and they were used for sedative purposes. The wood was used to make Mosquito fighter planes.

Perhaps about this time, we stopped seeing flowering lepa branches adorning the iconostas. They perfumed the whole church. People in Eastern Europe, still bring sprigs of the flowering lepa to church and place it near an ikon.

•The Best Time

is the general theme of the evening prayers that all Orthodox should pray before going to bed. They can be found in any prayer book.

ETHNIC CHUCKLE

Dorohaya Tyotya Mareea,

Yak tam kolo vas? Toot shitko OK now. No yah long time vam neh pisala boh yah bulla taka upset. Yah neh watchuy'you myself ee yah getting tlusta. Noh yah dostala myself tak upset kolee me chelovek poveal zhe yah getting so fat zhe not to much longer ee yah puknuy me slacks.

Yah ne znala what yah gotta do. Yah, finally got so desperate zhe yah zvidala me next door neighbor for suggestion. Ohna me povela zhe yest novi diet doctor downtown.

Yah zrobeela apointment ee pishla do diet doctora dva teshnee ago. Ohn me kashe zhe yah "better go on a diet." Yah ushey toh znam. That's why yah tam u yahe office. Anyhow, ohn me kazhe zhe yah mushuy count moyee calories. Yah dostala takee list zhe ohn kazhe mayey calorie count for everything.

Yah dumam, OK yah hotchuy looking good for moho husbanda, yah buduy counting totee calories.

Pershee day. Everything peeshlo OK. Yah counuyu totee calories ee peeshuy doh kneshkee for doctora.

Second day, Yah countuyu totee calorees, peeshyu doh kneshkee, ee yah chewing moye nails.

Tretee day, Yah countuyu me calories, peeshuy doh kneshkee, ee chewing me nails doh two o'clock in the afternoon koli yah watchuyu me soap opera nah TV. Yah getting taka hungry! Finally, yah peeshla doh refrigerator ee dostala some carrot sticks ee celery - doctor kasal zhe, yah moshuy matee kolee "real hungry." Yah yealah so much zhe yah dumam zhe me zubee budut worn out. Yah dumam zhe yah scrazuyu! Yah feeling taka sorry for myself, yah dumam me life takee miserable zhe ohne mozhut putting me life na soap opera!

Yah dumam, yakee tho life yah mam? Every bite yah taking yah gotta count. Then yah gotta put down nah listok for doctora: half slice bread bez butter - 50 calories - ee toh raz uy day. Coffee mozhu matee ono neh mah calories no neh mozhu mati mlyko neh sugar. Eeh yah mozhu mati kolbasyu - no lem one inch piece.

Yah starting running into balamutuy with calorie list. Yah hlyadam ee hlaydam ee neh mozhu naytee perohi. Neska Friday, a yak chelovek mozhe zhete bez perohe nah Friday? Yah zvedala me next door neighbor boh ona mayee much experience nah diets. Znayete tota zhe poveela me za diet doctora, what I gotta do? Ona povela me zhe yah mozhu matee lem odnu perohu. Odnuy perohwho? Yoh! And, ona me poveela zhe yah neh mozhuy matee moy half slice bread nor tablespoon potato that day. Onha calling substitutions!

Yah peeshla domu, yah neh znam shto yah gotta do! Yah sitting ee dumam ee dumam. Finally yah razdumala. Yah smaryu diet, yah going to discount store, ee yah kuplu bigger size pants - yah fooluyu moho cheloveeka!

Yah turned off me TV show "As The World Turns" a dumam nay turnuyyeh bez mene. Yah poshla doh kitchen, dosta bag perohee ot back of freezer deh yah hiding them from husband. Yah s'prazeela cebulyu in plenty of butter. Yah syela half dozen. Yah take happy.

Yah decided diet neh dlya mene.

Budte zdrove
Tlusta Hanya
"Chubby"

MISSION FUND

Helping this month are: Betty Vincent, Ann Worobey, Joseph Chobany, Jr., Anita Anderson, Olga Kasper, Anon (3).

•Kitchen Corner

remaining milk to make a fairly thick batter. Cover. Set aside on a warm place for about 30 minutes, until bubbles begin to appear.

Heat griddle. Add shortening so batter does not stick. Pour 1/2 cup of the batter on the griddle. Place 4 or 5 slices of the apple on the uncooked top. When pancake browns, turn and brown other side. Do not use too hot of a flame as these take longer to bake than do those made with baking powder. Serve with butter and maple syrup or cinnamon sugar. This makes 6 pancakes about 6 inches in diameter.

Variation! 1. You may make the pancakes smaller. 2. You may add a beaten egg. 3. You may add more sugar.

FREEDOM

On July 4, 1776, the Second Continental Congress declared the thirteen American colonies free and independent from Great Britain. The Declaration of Independence is the only major national document of the United States that actually mentions the name of God. He is called "Nature's God," "The Creator," and "The Supreme Judge of the World."

Around us today, we see nations seeking political independence as our forefathers sought and won it for us. Many of them are struggling to write their Constitution, we don't know whether God is mentioned in their Declaration or not, but it should be there. There can be no true independence without the acknowledgement of God.

The cost of political liberty was and is high. Millions have fought, and many have died, to preserve the Republic. Apathy, in any generation, can lose this hard-won and hard-kept liberty.

The same is true of religious liberty. Churches close their doors because some have not bothered to evaluate their freedom, and decided to do nothing. They have drifted away from God and no longer count Him a factor in their lives. People erroneously think that if they are not governed by God, that they will be free from any restraints or responsibilities. Such is not the case. Jesus said there were two spiritual entities in the world, and that we would have the freedom to choose which one we served ... but not whether to serve either. We must choose. (Matthew 6:24)

Through the years, many people have given their lives to gain and protect our political and spiritual freedoms. These freedoms are precious. God forbid that we only learn how precious they are after losing them.

WEEKLY MEDITATIONS

July 6 - 3rd Sunday after Pentecost - Romans 5:1-10; Matt 6:22-33. O God our Father, through the death of Your Son, our Lord and Saviour Jesus Christ, we were reconciled to You and were saved from the power of hell. As we worship You in faith and love, let the Divine Light of Your countenance shine into our souls. Help us to rely on You at all times. Pour forth into our hearts patience in tribulations, hope during time of despair, and charity toward all people. O Lord our Strength, save Your people who call on You in love, and have mercy on us.

July 13 - 4th Sunday after Pentecost - Romans 6:18-23; Matt 8:5-13. O God of peace and Father of mercy. You sent Your only-begotten Son, our Lord Jesus Christ into the world to free us from sickness and death. By liberating us from sin, You sanctified our souls and bodies, allowing us to be called Your children. Though we are not worthy that You should come and dwell under the roof of our souls, heal us from every defilement of flesh and soul. Show us to be the temples of Your most-holy Spirit, and not the home of sinful actions. May we come to sit with You in the bosom of Abraham, Isaac, and Jacob in the Kingdom of Heaven which has been prepared for all those who love You. O Lord, graciously listen to our fervent supplication offered to You with faith, and have mercy on us.

July 20 - 5th Sunday after Pentecost - Romans 10:1-10; Matt 8:28-9:1. O Lord Jesus, with faith and love we come to You seeking salvation for our souls. We confess Your saving Resurrection on the third day and believe that You are truly Christ, Son of the Living God. As the only merciful One, expel from us all soul-destroying actions which drive out grace from our souls. Order our steps that we may walk in the path of Your truth. Fill our emptiness with Yourself. Keep us in purity of faith all the days of our lives. O Good One, come and deliver us out of the hands of the evil one, and have mercy on us.

July 27 - 6th Sunday after Pentecost - Romans 12:6-14; Matt 9:1-8. O Divine Physician of souls and bodies, Who heals our infirmities, look on the faith of those who gather in Your holy temples, and forgive the sins of our flesh and spirit. As You raised the man sick of palsy, so too, grasp firmly our hands and raise us from the bed of disbelief. Teach us to hate what is evil and to cleave to that which is good. May we follow Your commandments diligently serving and glorifying You throughout all the days of our lives. O Merciful Saviour, show the depths of Your kindness upon us sinners, and have mercy on us.

(Note: The meditations are based on the scriptural readings.)

Raymond Mastroberte
– Iconographer –

WINTER'S GRACE

It is against this background and of all that my faith is, of all that my relationships are, that I have to figure out for myself the meaning and the problem of old age, of approaching and facing death.

I must accept and learn to deal with the difficulties of old age. These include:

LONELINESS. Almost all my friends of my own age are dead. Although I have many younger friends, there is a part of me, of my past, that they can never share.

FEAR AND DEPRESSION. Increasingly, I feel unable to handle situations that I would once have taken in my stride. Anxiety assails me, and I have lost the "joie de vivre" that comes with youth. Therefore I must struggle to attain a spiritual joy, and that is not always easy.

PHYSICAL INFIRMITY. One never appreciates health and strength until one has lost them. Ordinary activities of daily life become real trials in old age, and pain becomes a constant companion.

LOSS OF SENSE OF REALITY. As I approach closer to my end, life on earth seems less and less real, less immediate to my senses. This causes me to feel distant from my loved ones as well.

I must also embrace the tasks of old age. These include:

ACCEPTANCE. I must accept my own feebleness, my own limitations, my lack of control of my situation.

LETTING GO. I must learn to let go of this life that I have loved so well, and prepare myself for another. "Into Thy hands I commend my spirit."

But old age is not all grim. It has its own joys as well:

THE LOVE OF OTHERS. I am surrounded by three generations of my descendants and am daily showered with their love. Also, I am always surprised by people's kindness and desire to help simply because I am old.

A SENSE OF PROPORTION. As the cares of the world fall away from me, I have gained a truer perspective of what really matters in life and what does not. This, I suppose, is what is meant by wisdom.

Sophie Koulomzin (90+) in
"What Aging Means To Me."

Dabs of Thoughts

A Spanish man who was a devout Roman Catholic was in Stockholm on business. He entered a church to pray and found that it was empty except for a coffin containing the remains of a man. He knelt down and prayed his usual prayers and then some for the deceased. As he was leaving the church, he decided to sign the condolence book. He was the first to sign. He also added his address as a note on the book requested it. He would be the only one to sign.

Several weeks later after he had returned home, he received a call from Sweden. They told him that the man whom he had prayed for was a real estate dealer with no close relatives. He had specified in his will that "whoever prays for my soul gets all my belongings." He had millions which he left to the stranger who prayed for him.

Some people like to get into religious arguments. Often they'll take some theological idea or teaching of the Church, throw it out and say, "Now Father, what do you think of that?" Sometimes they really want information; this is good. But often they're more concerned with getting into an argument, perhaps getting the pastor out on a limb, then they feel they are with wise knowledge.

A grain of sand imbeds itself into the soft inner folds of an oyster, which in turn soothes the irritant with a rich body fluid. In time, that fluid forms a smooth, hard surface – a pearl. And so it is with us – God is at work in our lives, turning our biggest irritants into priceless, one-of-a-kind gems.

God of life, there are days when the burdens we carry chafe our shoulders and wear us down; when the road seems dreary and endless, the skies gray and threatening; when our lives have no music in them, and our hearts are lonely, and our souls have lost their courage. Flood the path with light, we beseech Thee; turn our eyes to where the skies are full of promise.

There are people whose feelings and well-being are within my influence. I will never escape that fact.

If all our misfortunes were laid in one common heap, where everyone must take an equal portion, most people would be content to take their own and depart.



EDITORS' NOTES

The roadside in Pennsylvania is especially colorful in July. The splashes of orange day lilies are softened by the lavender vetch. The berries are ripening and the fragrance is so lush. Truly a wonderful month for sight and smell.

We have received many requests for information in back issues. We have not been able to supply this because our bound copies are in the possession of Matushka's sister Elizabeth, who has taken upon herself the difficult task of copying and indexing all the recipes from the back issues. She called yesterday and said that there are enough for three cookbooks.

Some of the obituaries in our area state that the person was a perogi maker at their church. Certainly, perogi are keeping many parishes going. We have heard that some parishes now will sell your old car, jewelry or antiques and use the income. This is also being done by many charitable organizations who run ads on the radio. Another source of income is having an antenna put on the church dome by a cellular phone company. The need for high spots is growing as more and more people use the phones. Some parishes receive as much as $800 a month rent.

We were pleased to see so many of our Carpatho Heritage Tour members at St. Tikhon's Monastery on May 26. The persons who traveled the farthest were from Chicago. It is hard to give the exact number because people circulated. But we estimate at least 80 people enjoyed seeing each other and sharing experiences.

Speaking of our Reunion. We were disappointed by the small gathering of others at the pilgrimage. The Divine Liturgy was beautifully and prayerfully served by many clergy. The choir from Toronto, Canada was superb. And we were pleased that so much of the service was in Slavonic. Why not put this on your calendar for next year? There are activities for a 3-day weekend and many fine motels in the vicinity. There is much to see. We can always be found after the Divine Liturgy at the arch at the entrance to the monastery.

Time is getting short. Our trip to the former Austro-Hungary lands will soon be here – September 5. If you hurry, we may still find a place for you. Call (717) 256-7232 or write P.O. Box 9, Hunlock Creek, PA 18621.

God be with you,

The Stevens

LIME, CALCIUM CARBONATE

"And the people will be as if burned to **lime**..." Is 33:12 RSV.

Lime is mentioned twice in the Bible (also Amos 2:01). Both passages refer to quick lime which is derived from limestone. Limestone, which is natural calcium carbonate and usually contains a large number of impurities, e.g. magnesium carbonate, was the most common calcium compound used in the ancient world. Its major use was as a fertilizer and to produce whitewash.

Calcium carbonate neutralizes organic acids in soil. The acids are natural by-products from manure or organic decomposition. Rock limestone, the major source of $CaCO_3$, is slow at dissolving and neutralizing the acid. When burned in a lime kiln (>900°C)[1] to drive off the water of crystallization and carbon dioxide, it is called quick lime. It consists of a mixture of calcium carbonate and calcium oxide. This mixture is very effective as a fertilizer. It quickly solubilizes in carbonic acid (CO_2 in rain water) and rapidly leaches into the soil.

The burnt lime will slowly hydrolyze to form a dihydrate ($CaCO_3.2H_2O$) which adheres to wood, rock, cement, brick, etc. and was used as whitewash. Like lime spread in a field, it is dissolved by carbonic acid and washes away within a year or two of exposure to the weather. Since paint was expensive, whitewash was used to cover the inside and outside of most buildings in the Mediterranean area. The tombs, especially those around Jerusalem, were whitewashed each year (Mt. 23:27) as a respect for the dead. The whitewash covered the dirt (Acts 23:3) and reflected sunlight, thus keeping stone or brick houses cooler in the summer. The term whitewash was also used to cover spiritual dirt (Ez. 13:10) just as it is today.

Larry R. Sherman, Ph.D.
University of Scranton (PA)

[1]A lime kiln can consist of nothing but a pile of rock heated with local fuel, like wood. It may be more elaborate.

PRESS FUND

A personal thanks – Spasebo – to all who help us to keep The Orthodox Herald going. Thank you: Mary Ann Carmack, Mary Kochmaruk, Mary Bohurjak, Mary Drenchko, Marian Glovinsky, John and Elizabeth Patnychuk, Allen Lucas, Betty Vincent, Irene Allen, Vera Hubiak, Lillian Smarsh, Olga Kasper, Armando Bona, Fr. L. Mashie, Alexis and Nadine Penkoff, Helen Cudlic, Olga Warski, John Chichilla, Leo Sakovich, Ann O'Brien, Joseph Chobany, Jr., George and Jean Walko.

Walter and Julia George send birthday greetings to their friend, Andy Tus, who celebrated in June. John Plefka for health of Steve and Lenore Evancho and Claudia Sulin, and in memory of Joe Papp. Ann Worobey for health of her sister Irene Gromosiak. The Carpathia Heritage Tour Members 1996 in memory of Metro Yurchak. Matushka Kasatkin in memory of Archpriest Constantine, Paul, George, Evdokia and Vera. Helen Spirnak in memory of Spirnak family. Marge Petronko Cimbolic in memory of deceased members of Petronko family. Sandra Milosavich in memory of Feodore and Maria Hornosty, Anon (8).

ORTHODOX CASSETTE PROJECT

Cassettes are now available for the whole year. The cost is $130. On these tapes you will find the Gospel reading for the Sunday, a short sermon, and a thought – all in English. Then you will hear the best choirs in the world sing hymns from the Divine Liturgy or other service. The cassettes for July (they follow the calendar) are:

No. 12: Matthew 6:22-38; 8:5-15. This cassette features the compositions of Bortniansky on side one and the compositions of Archangelsky on the side 2.

No. 13: Matthew 8:28-9:1; 9:1-8. Compositions of Kastalsky and Chesnakov. These two cassettes feature the music of four masters. Cost $10, no other charges.

A letter received this month: "I now live a great distance from a Russian Orthodox Church. I attend another Orthodox Church where the music compositions are vastly different. I play my tapes over and over again and I am 'fed'."

CHUCKLE

It was a dull day at the police station, in fact, it had been a dull, quiet week.

"What a life," grumbled one officer. "No accidents, no riots, no fights, no murders, not even a stolen car. If this keeps up, they'll be reducing the force. We'll be losing a job."

"Don't worry, Pete," replied the chief reassuringly." Something will soon happen. I still got faith in human nature!"



Years ago it was not possible to purchase apples all year 'round. By this time of the year, the apples put away for the winter were all gone. How we looked forward to the tart little green apples that were the first to ripen around this time of year. There were many stomach aches from eating too many which might not have been fully ripe – we called the greenies. Remember?

One thing we looked for were the apple pancakes we would have on Sunday morning. Since both parents worked, it was the one breakfast we shared together as a family before we went to Church services. (This was before the days of weekly communion.) Steaming hot and fragrant with apples, the pancakes are wonderful for breakfast, but at room temperature they make a delightful snack.

APPLE PANCAKES

1/2 Tbls. dry yeast
1 tsp. sugar
2 cups flour
1/4 tsp. salt
1 1/4 - 1 1/2 cups milk
2 small apples, peeled, cored and sliced into 8 circles per apple
maple syrup or cinnamon sugar

In a small bowl, dissolve the yeast and sugar in 1/2 cup warm water. Set aside until double in bulk. Meanwhile, warm the milk just until lukewarm. In a large bowl, mix the flour and salt. Make a well in the center and add 1 1/4 cups milk. Add the swollen yeast. Mix with a wooden spoon, adding only enough of the

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1. Romans 7:14-8:2	16. Romans 15:7-16
2. Romans 8:2-13	17. Romans 15:17-29
3. Romans 8:22-27	18. Romans 16:1-16
4. Romans 9:6-19	19. Romans 8:14-21
5. Romans 3:28-4:3	20. **Romans 10:1-10**
6. **Romans 5:1-10**	21. Romans 16:17-24
7. Romans 13:11-14:4	22. 1 Cor 1:1-9
8. Romans 10:11-11:2	23. 1 Cor 2:9-3:8
9. Romans 11:2-12	24. 1 Cor 3:18-23
10. Romans 11:13-24	25. 1 Cor 4:5-8
11. Romans 11:25-36	26. Romans 9:1-5
12. 2 Cor 11:21-12:9	27. **Romans 12:6-14**
13. **Romans 6:18-23**	28. 1 Cor 5:9-6:11
14. Romans 12:4-5, 15-21	29. 1 Cor 6:20-7:12
	30. Gal 3:23-4:5
15. Romans 14:9-18	31 1 Cor 7:24-35

BIBLE STUDY
ARE WE REALLY FREE?

In the Epistle (Romans 6:18-23) we find the interesting statement: "You have been set free from sin". What does that really mean?

Those who have decided to follow Jesus by living according to His laws of love of God and one's neighbor have found over and over that this is not something which is easy to do. We have found that it requires discipline, lots of humility and determination, fortified by the courage and conviction of faith. As Saint Paul noted in his letter to the Romans it is not a problem to know what to do, but how to do it – or better yet, how to stop doing what one knows one ought not to. We need to remember over and over again the unconditional love of God and the continual possibility – and necessity – of repentance.

But does this not produce sadness and a sense of defeat? There are those who say that Christianity is a life-denying religion. They say that believers are made to tolerate all sorts of bad things because they are always thinking that things will be better in the world which will come either after their death or after the return of Christ – which has not happened for a long, long time. Are these people right? If so, can we Orthodox really see ourselves as being free?

We answer resoundingly: **YES**, we **do** see ourselves as free people! We are free because we no longer see the world and life in it in a superficial way. We have seen that there is a sense and order in the world that point to the presence of the invisible, the spiritual, the eternal. We are convinced that to ignore this side of things is to be truly enslaved by the transitory and temporal – that which is always passing away.

Sometimes we may seem to be unfree because we must examine our actions from the perspective of what they lead to, and this makes us put limits on ourselves and even accuse ourselves of certain failings which we must strive to overcome. Sometimes we appear to be sad and even depressed. But how **can** one struggle or run the race and not at times feel tired and discouraged?

However our spiritual contact with God, fortified by prayer, the Liturgy, fasting, the memory of the example and support of the Saints – these give us joy, confidence and peace – things which are much more valuable than the vague (and passing) sense of happiness and satiation which come from a life that is based on superficial and transitory things.

Yes we **are** free because we have glimpsed the Truth. We are free because we are discovering the infinite love of God which accepts us, purifies us and transforms us. We are free because we know where we come from and where we are going.

Glory to God the Father, the Son and the Holy Spirit. Glory to our Liberator. Long live the perfect freedom of the children of God!

THE BABAS TAUGHT ME

That we should dress decently for Church. Perhaps, the day is gone when we had special clothes for Sunday. We wore them to Church and changed to other clothes after we came from Church. Baba said that athletic shoes should not be worn unless we have foot problems. She was shocked to find that some people have so little respect for Christ and His Church that they would think of wearing cutoffs, T-shirts, jeans, shorts, short skirts or those with a slit up the back, sweat clothes, backless dresses, shirts without collars, etc.

Baba said that if I planned to "drop in" the church before going to the beach or a picnic, I should still observe the decent, modest rule and should bring a change of clothes with me and change after the service is over.

The Church is a place that has been set aside for the worship of God. It is His House. We are not on such pal relations with God that we come casually dressed.

ALASKA FUND

Helping this month are: Christina Gudzan, Betty Vincent, Marge Cimbolic, Ann Worobey, Joseph Chobany, Jr., Olga Kasper, Anon (4).